



Course syllabus

Faculty of Social Sciences
Department of Sport Science

4IV324 Det personliga ledarskapet inom idrott, 7,5 högskolepoäng
Leadership in sport coaching, 7.5 credits

Main field of study

Sport Science

Subject

Sport Science

Level

Second cycle

Progression

A1N

Date of Ratification

Approved 2020-12-16.

Revised 2025-06-19. Changes to examination elements, rewording of examination information and updating of the reading list.

The course syllabus is valid from autumn semester 2026.

Prerequisites

General entry requirements for second-cycle studies or education, practical experience or equivalent knowledge through work experience in sports or leadership.

Objectives

Upon completion of the course, students shall be able to:

- account for and discuss different aspects of leadership theories, including the value and impact of value-based leadership in order to identify and describe their own core values and coaching philosophy,

- discuss and analyse strategies for long-term development and success of coaching in order to identify their own areas of growth.

Content

The aim of this course is to explore different leadership styles and theories in order to help further the student's own coaching philosophy and core values. Furthermore, the course focuses on the intrapersonal knowledge domain within sports coaching, with particular focus on the coach's learning process and self-reflection.

Type of Instruction

Teaching takes place in the form of lectures and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place by means of one oral presentation and one written assignment. The oral assignment comprises 3.5 credits and is assessed by the grades Fail or Pass. The second assignment is a literature review, comprising 4 credits and is assessed by the grades Fail, Pass or Pass with Distinction.

In order to receive a grade of Pass in the entire course, both assignments require the grade of Pass. For a grade of Pass with Distinction in the entire course, the literature review requires the grade of Pass with Distinction.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Gerrevall, Per, Carl Axel Hageskog, Jørgen Bagger Kjær, Daniel Bjärsholm, and Susanne Linnér. "A Scandinavian perspective on high-performance coaching: an ethically based balancing act between four interrelated knowledge dimensions." *Sport in Society* 27, no. 12 (2024): 1881-1898.

Kjær, Jørgen Bagger (2019). The Professionalization of Sports Coaching: A case study of a graduate soccer coaching education program. *Journal of Hospitality, Leisure, Sport & Tourism Education*, 24, 50–62, (12 p.)

Potrac, Paul, Gilbert, Wade & Denison, Jim (Eds.). (2013). *Routledge handbook of sports coaching*. Ch. 1-3, 7, 9, 12, 14-16, 18-20, 25, 26, 29, 33, 34, 38, (205 p.) ISBN 978- 1-138- 86043-8.

A coaching biography on a subject of the student's own choice, circa 300 pages.

Additional scientific publications also included, approximately 200 pages. Provided by the department.